



Starport News

Meet our new Wellness Manager—Rob Davenport

Rob comes to us from the US NAVY where he worked as the Fitness Director developing NAVY wide challenges, designing and supervising a brand new gym, and implementing comprehensive health and fitness programs.

He graduated from Ohio University with a Bachelor's degree in Sports Science and attended graduate school at the University of Toledo. He was then selected by the US Olympic Committee to be a Sports Scientist at the Olympic Training Center.

Rob will soon be joined in Houston by his wife and 18 month old twin boys. Rob enjoys football, strength training, cycling, hiking, and camping. His words to live by are "Do all you can, with what you have, in the time you have, in the place you are." Come and meet Rob at the Gilruth Center.



May 2010

Upcoming Events

3rd Annual Golf Tournament
May 10

Food After Fifty Class
May 11

AT&T Fair in B3
May 13

STS-132 Launch Trip
May 12-16

STS-132 Launch
May 14

Defensive Driving
May 15

Jewelry Fair in B3
May 26-27

**Starport Gift Shop in B3
Grand Opening**
May 26

Visit our calendar for more events.

JSC Health and Fitness Week & Family Fitness Fair

Or join Rob at our first Health & Fitness Week event— JSC Wellness Program is recognizing the importance of our employee's welfare by offering an entire week of health and fitness related events. Come join us for a week of healthy fun, free gifts, prizes, and random grand prize drawing!

Monday, May 17
9AM—5PM
Online Wellness
Scavenger Hunt

Tuesday, May 18
11AM—12PM
EAP Class
EAP Consultation

Wednesday, May 19
7AM
Prediction Run
Pre-registration
required
10:30AM, B11
11AM, Ellington
Poker Walk

Thursday, May 20
6AM—6PM, Gilruth
Indoor Triathlon
10min Treadmill
10min Bike
10min Elliptical

Friday, May 21
3—5:30PM, Gilruth
Family Fitness
Fair
Inflatable Obstacle
Course Competition
Kids' Games
Random Prize
Drawing
after events for gift
cards and Grand Prize

www.explorationwellness.com

Earn tickets at each event for our random drawings.



Shuttle Launch Trips

A couple of months ago, reality set in that so many of the NASA Team Members had not seen a Shuttle launch before and we only have 3 left. So a group of us from across the center came up with the brilliant idea of offering trips to any NASA Team Member that wanted to go see a launch and they bring their family and friends along too.

Our first trip leaves in just a few days, but get ready for our next one. You will need to sign up in August for STS-133—the final launch of Discovery.

Launch date is set for September 14. Starport will again offer two trips—a bus trip that leaves from JSC and a Hotel only option that will allow you to fly to Orlando and make it a longer vacation. Stay tuned to the Starport website for prices, trip dates, and tons more information.

Go Atlantis!

Join us after the launch for an
Ice Cream Social!

<http://starport.jsc.nasa.gov/>

